DAILY ROUTINES

Describe an occasion when you got up very early.

You should say:

- When did it happen?
- Why did you get up early?
- Who were you with?
- Explain how you felt about getting up early.

Sample Answer:

catch the sunrise	felt a sense of	get out of bed	got up	hit my face
looking forward to	made an effort	reached the peak	went on	started to appreciate

One occasion when I **(1)** _____ very early was last year during the summer, when I **(2)** _____ a hiking trip with a group of friends. It was around 5:00 AM, and we had planned to **(3)** _____ from the top of a mountain nearby.

The reason we had to get up so early was that we wanted to make sure we **(4)** _____ before the sun rose. The hike was a bit challenging, and we needed plenty of time to get there, especially since we were aiming to enjoy the beautiful view once we reached the summit.

I was with four of my closest friends. We had all been **(5)** _____ this adventure for weeks, so even though it was early and the idea of waking up at such an ungodly hour wasn't particularly appealing, we were all excited. The enthusiasm of my friends made it easier to **(6)** _____, even though we had to leave the warmth of our blankets.

At first, I felt a bit groggy and reluctant to leave my bed. However, as soon as we started walking and the fresh morning air **(7)** _____, I began to wake up completely. The coolness of the morning and the quietness of the surroundings made the experience feel peaceful, and I **(8)** _____ the early start. By the time we reached the top and saw the first light of the day, I **(9)** _____ accomplishment and satisfaction. In the end, I was really glad that I had **(10)** _____ to wake up early because the view and the experience were unforgettable.

Overall, although it was hard to get up early, the beauty of nature and the shared experience with my friends made it totally worth it.

LIVEWORKSHEETS

Sample Answer:

early risers	firm believer	get into	give it a go	head start	kick-start
night owl	positive impact	pushed on	signed up	warming up	went off

One occasion when I got up very early was last summer, when I decided to start a new exercise routine. I had been meaning to get fit for a while, so I thought it was the perfect opportunity to **(11)** _____ a healthier lifestyle. I woke up at 5:30 AM, which, to be honest, was way earlier than I'm used to.

The reason I got up so early was because I had **(12)** _____ for a morning yoga class. I'd read about the benefits of starting the day with some physical activity, and I wanted to **(13)** _____. I heard that doing exercise in the morning really helps to set a positive tone for the day, boosts your energy levels, and can improve your overall mood. Plus, I wanted to get a **(14)** _____ on being more active and building healthy habits.

I was with a couple of friends who are really into fitness. They've always been **(15)** _____, and they encouraged me to join them. I have to admit, I wasn't exactly jumping out of bed when the alarm **(16)** _____. I tend to be a **(17)** _____, so waking up early was a bit of a struggle. However, having my friends there helped me get moving. We all agreed that it would be a great way to boost our fitness levels and **(18)** _____ a better routine.

At first, I felt groggy and not at all thrilled about getting up at the crack of dawn. My body wasn't used to such an early start, and I had to drag myself out of bed. However, once I started stretching and **(19)** _____, I began to feel more awake. By the time the class started, I felt surprisingly alert and energized. The fresh morning air, combined with the positive vibes from my friends, made me feel great. By the end of the session, I felt a real sense of achievement, and I was glad I had **(20)** _____ to get up early.

In the long run, I found that getting up early for exercise became a habit. Not only did it help me feel more energized throughout the day, but it also had a **(21)** _____ on my overall health and well-being. So, despite the initial difficulty, I'm now a **(22)** _____ in the power of early mornings and regular physical activity.

LIVEWORKSHEETS